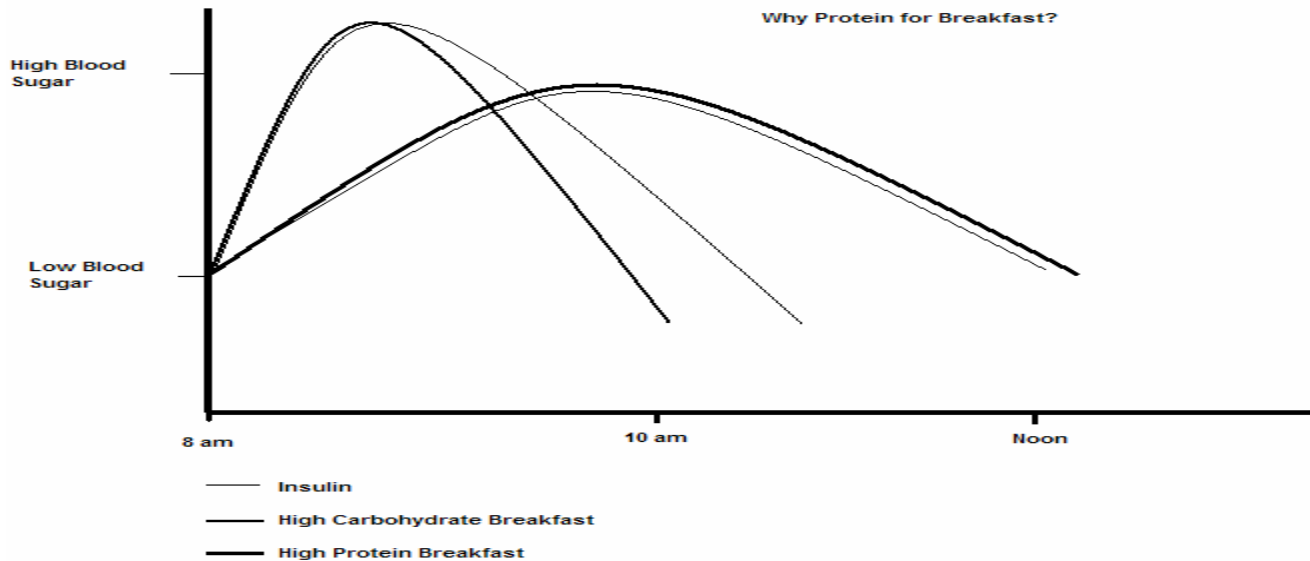


Nutrition and Mental Health



Top 5 reasons crave sugar.

1. Misinterpretation of the signal for dehydration.
2. Hypoglycemia created by meals with more carbohydrates than protein.
3. Lack of physical activity. Physical activity increases the body's options to access calories stored in the body.
4. Mood regulation. Sugar make you feel better—temporally.
5. HALT
 - Hungry
 - Angry/Anxious
 - Lonely
 - Tired

References:

Eat, Drink, and Be Healthy, by Walter C. Willet, Simon & Schuster, 2001.

Feeding the Whole Family: Whole Foods Recipes for Babies, Young Children & Their Parents, by Cynthia Lair, Moon Smile Press, 2nd Edition, 2002.

If the Buddha Came to Dinner: How to Nourish Your Body and Awake Your Spirit, by Hale Sofia Schatz, Hyperion, 2004.

World's Healthiest Foods: www.whfoods.org

Dense sugars to less dense sugars

1. High fructose corn syrup
2. Corn syrup
3. Fructose
4. Sugar and other -oses such as fructose.
5. White foods: bread, white rice, white potatoes

How to make comfort food healthier.

1. Eat soon after a meal to slow down the absorption of sugar into the blood stream.
2. Eat a fruit or veggie before eating your comfort food.
3. Add veggie or fruit to comfort food.
4. Add protein to comfort food.
5. Eat a little less.

Steps to Healthier Eating.

1. Just observe.
2. Set the judgment aside.
3. How does food effect how you feel on a mental, emotional, physically levels.
4. Observe how you feel as you eat as you eat it, 30 minutes later, 2 hours later.
5. When do you get huger again? Do you experience anxiety, anger, depression, hot flashes, fatigue, mental foggiess, ect.



Nutrition and Mental Health

Understanding Sugar Cravings.

Dense sugars to less dense sugars

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5. White foods: bread, white rice, white potatoes

Why is protein important?

Protein provides the building blocks for every cell in your body: it is the foundation for bones, muscles and tendons. Protein serves as a source for the structures that regulate your body: neurotransmitters, cell receptors, and enzymes.

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3. Lack of physical activity. Physical activity increases the body's options to access calories stored in the body.
4. Mood regulation. Sugar make you feel better—temporally. Unmet emotional needs.
5. HALT
 - Hungry
 - Angry/Anxious
 - Lonely
 - Tired

Benefits of eating enough protein

- Less fatigue, particularly in the afternoons
- Better sleep
- More energy
- Hungry less often
- Better and more stable moods
- Higher metabolism from having more muscle mass

Portion control

Here are some visual clues to help you keep servings to the proper size:

- 3 oz of fish or poultry = a deck of playing cards
- 1 c yogurt = a hand holding a tennis ball
- ½ c cooked grain = a small fist
- 1 oz cheese = a thumb
- 1 oz nuts = a golf ball
- 1 T nut butter or nuts = a silver dollar or a walnut
- 1 tsp oil = a quarter

Healthy Protein Sources

Healthy Protein Sources					
Legumes			Nuts		
Tofu	1/2 c	10 g	Nuts	1/4 c	8 g
Firm Tofu	1/2 c	20 g	Seeds	2 T	3 g
Tempeh	1/2 c	16 g	Nut butter	2 T	8 g
Whole beans	1/2 c	7 g	Seed butter	2 T	5 g
Lentils	1/2 c	9 g	Cheese		
Refried beans	1/2 c	8 g	Cottage cheese (LF)	1/2 c	12 g
Gardenburger	1 patty	11 g	Cream cheese (LF)	2 T	2 g
Seed Grains			Hard cheese	1 oz	7 g
Barley	1/2 c	10 g	Eggs		
Millet	1/2 c	4 g	Egg, whole	1 egg	7 g
Dark rye flour	1/2 c	9 g	Egg substitute	1/4 c	7 g
Oats	1/2 c	3 g	Egg white	1	4 g
Quinoa	1/2 c	11 g	Note: Egg yolks contain nutrients that are excellent for mental health		
Brown rice	1/2 c	3 g			
White rice	1/2 c	3 g	Other		
Milk Substitutes			Protein powder	1 T	9-15 g
Soy milk	1 c	6 g	Yogurt (LF)	1 c	8-14 g
Soy cheese	1 oz	4 -7 g	Wild fish	3 oz	21 g
Soy yogurt	1 c	6 g	Free range poultry	3 oz	21 g



Nutrition and Mental Health

The Magic Pill is Physical Activity

Physical activity is essential for the body and mind to work well. Economists calculate that diseases, such as cardiovascular disease and depression, cost employers billions of dollars in work productivity and missed days of work. Disease could also limit your time spent with family, vacation time, lost income, hobbies, or ability to follow your childhood dreams. Additionally, lack of physical activity costs you money. By making time for physical activity in your life to prevent disease and improve your health, you can reduce the money you spend on health insurance, co-pays, medications, and supplements.

What is your Goal?

Improve:	Prevent/Reduce:
life expectancy	high blood pressure
quality of life	coronary heart disease
quality of sleep	colon cancer
daily moods	osteoporosis
effects of mental stress	weight gain and obesity
self-esteem	type II diabetes
health during menopause	depression
HDL (good) cholesterol level	anxiety
triglyceride level	Alzheimer's and dementia
bone density	
quality of life with a chronic disease	
quality of life with asthma	

What do the Studies Show?

- Staying active, such as doing house hold chores and walking stairs, prolongs life.
- Moderate to vigorous activity for 150 minutes a week and a healthy diet can help to prevent high glucose disease, such as diabetes, and prevent weight gain.
- A mix of aerobic and resistance exercise, such as weight lifting, for 4 hours per week can help to prevent cardiovascular disease.
- Seven hours of exercise per week, including aerobic and resistance exercise, plus a healthy diet can help a person lose weight, maintain weight loss and prevent diabetes and cardiovascular disease.



Nutrition and Mental Health

Getting the Magic Pill to Work for You

What would you like to try to improve your life?

Brisk Walking Skipping Basketball Bird Watching Weight Lifting Volleyball Swimming Yoga Pilates
Kickball Baseball Softball Rowing Rock Climbing Canoeing Kayaking Sailing Hiking Cycling
Backpacking Gyrotonics Gardening Dog Walking Horseback Riding Aikido Tai Chi Qi Chong

I haven't been active in a while, how do I start up again?

Move into a physically active life slowly. Take small steps.

- Get professional help from your medical doctor, naturopathic physician, physical therapist, or a personal trainer.
- Start by parking at the back of the parking lot, or a few blocks away from your destination.
- Walk up one flight of stairs per day. Add flights as time goes on.
- Go for a walk once a day. Start with a 5-minute walk, and add 5 minutes each week or at a rate that is comfortable to you.
- Set a goals in 3-month intervals.

Develop a plan for physical activity

Take the time to write out a plan.

- What motivates you? Being social and with groups? Having to meet with someone? Having a consistent plan? Having variety? Being allowed to cheat?
- How much time can you commit? How many days of the week? How long each day? Do you have it written into your schedule?
- Can you integrate physical activity into your daily life?
- What degree of not meeting your ideal plan is OK?

Find ways to increase physical activity

- Schedule time for physical exercise.
- Ask a friend to join you. This will give you more of a reason to keep the dates. It can also make the experience more enjoyable.
- Join a gym and/or get a personal trainer.
- Try new activities.
- Contact a local gym, YMCA, or Parks and Recreation for a list of activities or events.

Notice how you feel after exercising

- **Appropriate amount of exercise for the present.** Physically tired and mentally relaxed after physical activity. The next day you may be a little sore but not physically or mentally tired.
- **Too much exercise for the present.** Physically and mentally tired. The next day sore and physically or mentally tired.
- **Time to seek help.** If you cannot find an exercise level that does not leave you tired the next day, seek the assistance of a doctor, physical therapist, or physical fitness trainer.

